



TRICARE®

Your Military Health Plan

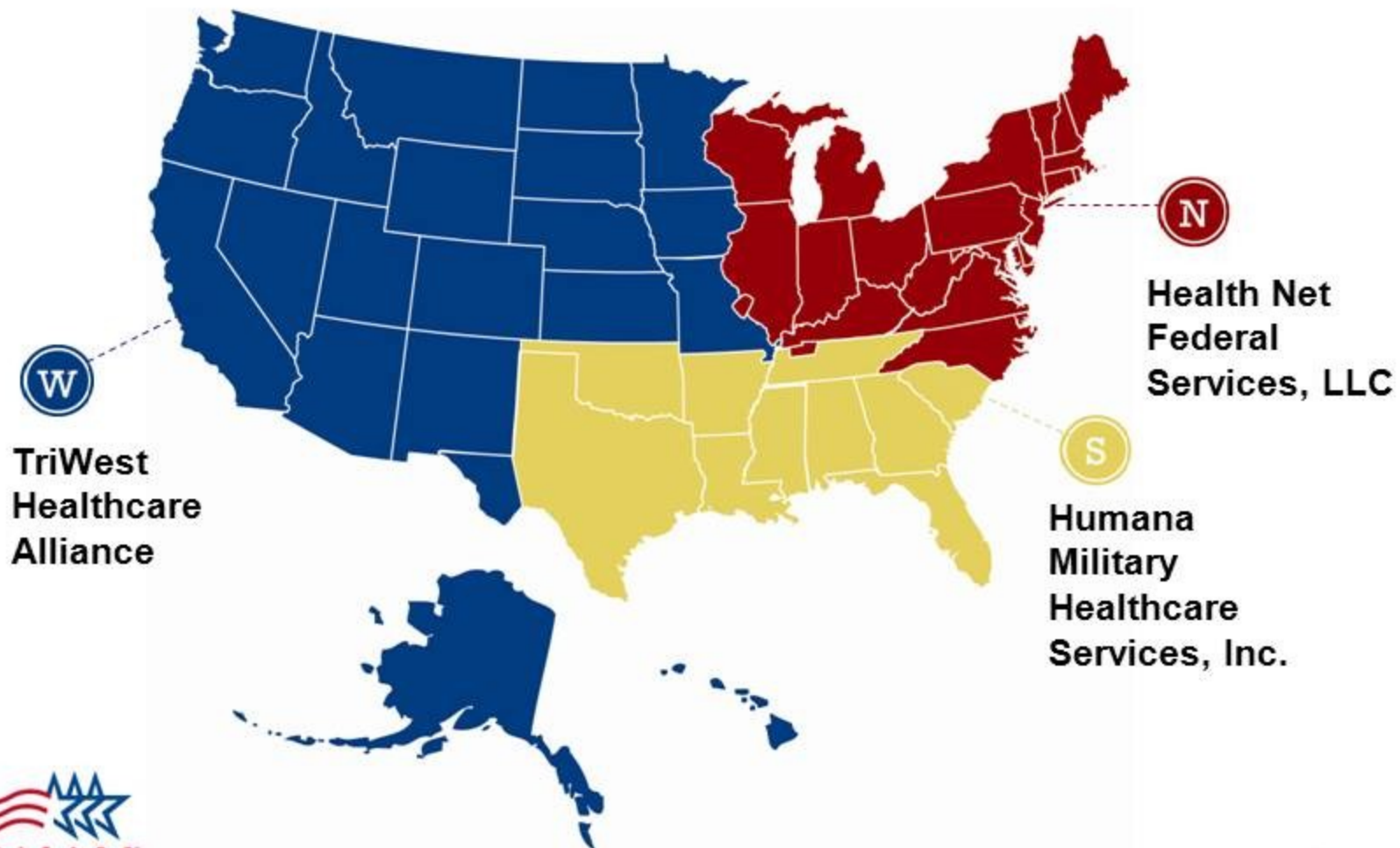
**TRICARE Prime Remote (TPR)
and
TRICARE Prime Remote for Active
Duty Family Members (TPRADFM)**



Updated March 2012

TRICARE Regions

TRICARE is available worldwide and managed regionally



TPR/TPRADFM

- TRICARE Prime option for active duty families in remote locations
 - Available in designated TPR ZIP code areas
- Enrollment required
- TRICARE-authorized providers
 - Network providers when available
 - Same rules for getting care as TRICARE Prime
 - No claims to file (*in most cases*)



Eligibility

- Active duty sponsor
 - Live and work more than 50 miles (*or an hour's drive time*) from an MTF
 - Family must reside with TPR-enrolled sponsor
- National Guard or Reserve sponsor
 - Activated more than 30 consecutive days
 - Live and work more than 50 miles (*or an hour's drive time*) from an MTF
 - Family must reside with sponsor in a designated TPR ZIP code **at time of activation**

To see if you qualify, check your ZIP code at www.tricare.mil/tpr.



Enrollment

- Complete enrollment application and submit to your regional contractor
 - Active duty sponsors: coverage effective on the day form received by contractor
 - Family members: 20th-of-the-month rule applies
- Select network primary care manager (PCM), if available
- Active duty sponsor must enroll in TPR, where available

**Visit your regional contractor's Web site
for **enrollment information**.**



Primary Care Manager

- Any TRICARE-authorized provider
 - Network provider, if available
 - Non-network, if network provider not available
- Provides most care—routine, urgent, and some clinical preventive services
- Provides referrals for necessary specialty care
 - Coordinates referral request
 - Obtains necessary prior authorization

Contact your regional contractor for assistance finding a PCM.



Routine Care

- Mostly provided by PCM or routine provider
- Includes:
 - General office visits
 - Follow-up appointments
 - Preventive or wellness visits
- Referrals not required for routine care
- Call provider directly for appointment



TPR (ADSM) Referrals

- Referrals required for specialty care
 - PCM or routine provider coordinates with regional contractor
 - Referrals approved for a length of time and number of visits
 - Contact your regional contractor to check status of a referral
- Service point of contact (SPOC) fitness-for-duty review for active duty

DoD (Army, Air Force, Navy, Marines)	1-888-MHS-MMSO (1-888-647-6676)
Coast Guard	1-888-MHS-MMSO or 1-800-9HBA-HBA
USPHS	1-800-368-2777, option 2



TPRADFM Referrals

- Referrals required for specialty care
 - PCM or routine provider coordinates with regional contractor
 - Referrals approved for a length of time and number of visits
 - Contact your regional contractor to check status of a referral
- Seek care without a referral (*when required*); point of service (POS) option applies



Point of Service (POS) Option for Family Members

- Seek nonemergency and/or specialty care without a referral or authorization
- Higher out-of-pocket costs
 - *Annual Deductible:* \$300/individual or \$600/family
 - *Cost-Shares:* 50% after POS deductible is met
- POS fees not reimbursed by TRICARE
- POS fees DO NOT apply to annual catastrophic cap
- POS fees do not apply to TPR-enrolled active duty service members (ADSMs)



Avoid POS fees!
Follow the TPRADFM referral guidelines.

Emergency and Urgent Care

- In an emergency, call 911 or go to the nearest emergency room.
 - Contact your PCM and/or provider or regional contractor as soon as possible.
- Urgent care must be coordinated with your PCM and/or provider.
 - If not, point of service (POS) fees will apply.



Clinical Preventive Services

- Referrals not required
- Care must be received from network provider if available, or POS fees will apply for TPRADFM.
- Preventive examinations and screenings; examples include:
 - Cancer screenings
 - Cardiovascular screenings
 - Immunizations
 - Eye examinations or vision screening
 - Mammograms
 - Well-baby or well-child examinations



Behavioral Health Care

- ADSMs require prior authorization for **all** behavioral health care.
- Family members may obtain their first eight outpatient visits (*to a **network** provider*) without a referral.
 - After first eight visits (*ninth and beyond*), a referral and authorization from your regional contactor are required.
- Inpatient care always requires prior authorization, except in an emergency.



TPR/TPRADFM Costs

Enrollment Fees	\$0
Deductible*	\$0
Outpatient Costs*	\$0
Inpatient Costs*	\$0
Emergency Care	\$0
Catastrophic Cap	\$1,000 per family per fiscal year

The federal fiscal year is October 1- September 30.

*** You'll pay higher out-of-pocket costs if you use the POS option.**



TRICARE Young Adult (TYA)

Topic	Description
Eligibility	<ul style="list-style-type: none">• Unmarried dependent of an eligible uniformed service sponsor*• At least age 21 (<i>or age 23 if enrolled in a full-time course of study at an approved institution of higher learning and if the sponsor provides more than 50 percent of the financial support</i>), but have not yet reached age 26• Not eligible to enroll in an employer-sponsored health plan• Not otherwise eligible for TRICARE program coverage
Enrollment	<ul style="list-style-type: none">• The <i>TRICARE Young Adult Application</i> is available at tricare.mil/tya• When applying, you must verify that you are not married and not eligible to enroll in an employer-sponsored health plan.• Your completed application must include the first three months of premium payments.
Program Information	<ul style="list-style-type: none">• Qualified dependents may be eligible to purchase TYA Prime or TYA Standard.• Eligibility for TYA Prime or TYA Standard is based on the eligibility established by your sponsor and where you live.• TYA Prime and TYA Standard generally have the same rules and costs as TRICARE Prime and TRICARE Standard.

* If you are an adult child of a non-activated member of the Selected Reserve of the Ready Reserve or of the Retired Reserve, your sponsor must be enrolled in TRICARE Reserve Select or TRICARE Retired Reserve for you to be eligible for TYA.

TRICARE Pharmacy Program

- Robust pharmacy benefit
- Worldwide coverage
- Affordable
- Uniform formulary
- Four options for filling prescriptions

Visit www.tricare.mil/pharmacy
for more information.



TRICARE Pharmacy Program

Pharmacy Option	Formulary Drugs		Non-Formulary Drugs
	Generic	Brand Name	
MTF Pharmacy <i>(up to a 90-day supply)</i>	\$0	\$0	Not Applicable
TRICARE Pharmacy Home Delivery <i>(up to a 90-day supply)</i>	\$0	\$9	\$25
Retail Network Pharmacy <i>(up to a 30-day supply)</i>	\$5	\$12	\$25
Non-Network Retail Pharmacy <i>(up to a 30-day supply)</i>	TRICARE Prime options: 50% copayment applies after point-of-service (POS) deductible is met All other beneficiaries: \$12 or 20% of the total cost, whichever is greater, after the annual deductible is met		TRICARE Prime options: 50% copayment applies after POS deductible is met All other beneficiaries: \$25 or 20% of the total cost, whichever is greater, after the annual deductible is met

Express Scripts, Inc. Web site: www.express-scripts.com/TRICARE
 Express Scripts, Inc. phone number: 1-877-363-1303

TRICARE Dental Options

TRICARE Active Duty Dental Program (ADDP)	TRICARE Dental Program (TDP)
<ul style="list-style-type: none">• Active duty service members• Activated National Guard and Reserve members• Automatically eligible when enrolled in TPR	<ul style="list-style-type: none">• Active duty family members• National Guard and Reserve members and eligible family members• Survivors
United Concordia Companies, Inc.	United Concordia Companies, Inc.
www.addp-ucci.com	1-800-866-8499 www.TRICAREdentalprogram.com



Contact the appropriate **dental contractor for more information or to enroll.**

Social Security Numbers

- In an effort to protect the privacy of TRICARE beneficiaries, the Department of Defense (DoD) is removing Social Security numbers (SSNs) from military identification (ID) cards, including the Common Access Card.
- Your new ID card will have one or both of the following:
 - A 10-digit DoD ID Number
 - A DoD Benefits Number (DBN), if you are eligible for DoD benefits
- You will not need a new ID card until your old card expires.
- For more information, visit www.tricare.mil/ssn



For Information and Assistance

Stateside Regional Contractors

TRICARE North Region

Health Net Federal Services, Inc.
1-877-TRICARE (1-877-874-2273)
www.hnfs.com

TRICARE South Region

Humana Military Healthcare Services, Inc.
1-800-444-5445
www.humana-military.com

TRICARE West Region

TriWest Healthcare Alliance
1-888-TRIWEST (1-888-874-9378)
www.triwest.com

General Contact Information

TRICARE Website: www.tricare.mil
Contacts: www.tricare.mil/contacts
Military Medical Support Office:
www.tricare.mil/tma/mmso

Overseas Regional Contractor

International SOS Assistance, Inc.

Eurasia-Africa:

+44-20-8762-8384 (*overseas*)
1-877-678-1207 (*stateside*)

Latin America & Canada:

+1-215-942-8393 (*overseas*)
1-877-451-8659 (*stateside*)

Pacific:

Singapore: +65-6339-2676 (*overseas*)
1-877-678-1208 (*stateside*)
Sydney: +61-2-9273-2710 (*overseas*)
1-877-678-1209 (*stateside*)

www.tricare-overseas.com

Connect with TRICARE Online!



www.tricare.mil/mediacenter



Back-up Slides for Life Events

- Slides 20-24
- Discuss life event scenarios
 - Having a Baby or Adopting a Child
 - Traveling
 - Moving
 - Retiring from Active Duty
 - Survivor Benefits



Having a Baby or Adopting a Child

- Register child in DEERS as soon as possible
- Child covered by TRICARE and the claims pay under TPRADFM for first 60 days
- Coverage reverts to TRICARE Standard after 60 days if not enrolled in TPRADFM



Traveling

- Before you go ...
 - Obtain routine care
 - Fill prescriptions
 - Write down PCM and/or routine provider and regional contractor's phone numbers
- On the road ...
 - Visit any emergency room in an emergency
 - Call PCM, routine provider, or regional contractor for urgent care
 - Find an MTF or network pharmacy if you need prescriptions filled



Moving with TPR/TPRADFM

- Do not disenroll.
- Update DEERS.
- Transfer enrollment within 30 days.
 - Contact regional contractor in new region
 - Transfer enrollment
 - Find a new PCM
- Before moving overseas, call your regional contractor to begin transferring enrollment. If you have moved overseas, call your TOP Regional Call Center to transfer enrollment.



Retiring from Active Duty

- Change in status causes automatic disenrollment
 - No longer eligible for TPR/TPRADFM
- Update DEERS—receive new ID cards
- Enroll in TRICARE Prime if available in your location
 - Begin paying enrollment fees
 - Understand costs associated with TRICARE Prime as a retired service member
 - Review new options (*TRICARE Standard/TRICARE Extra*)
- Purchase Medicare Part B (*if applicable*)



Survivor Benefits

- Surviving spouses remain eligible unless they remarry.
 - Covered as an ADFM for three years; eligible for TPRADFM, TRICARE Prime, Standard, and Extra
 - After three years, covered at retiree rates; TPRADFM not available after three-year period
- Unmarried surviving children remain eligible up to certain age limits.
 - Covered as ADFMs until they lose eligibility; eligible for TPRADFM, TRICARE Prime, Standard, and Extra for duration of their eligibility
- TRICARE Young Adult coverage is available for purchase by qualified adult-age dependents based on the eligibility established by their uniformed service sponsor and where the dependent lives
 - For more information about TYA, visit www.tricare.mil/tya

